

## ABSTRACT

A stance guide and method of use are disclosed to help a user achieve and hold a number of stances hence providing corresponding health benefits to the user. The stance guide includes an adjustable foot engaging and an adjustable body engaging device, connected to each other with a frame, for guiding and engaging the user's feet and body while accommodating a range of user population. The foot engaging or the body engaging device can include a sensing and signaling device plus a timer to help the user achieve correct stances for a desired time duration. A display device can be included for displaying the stance images as a visual aid. A guard device can be included for reducing the risk of an accidental fall during practice. Specific designs of the stance guide are presented with health benefits of reducing excess urination, enhancing sleep quality and reducing body weight.